



MAY

# NEW(S) HORIZON

2016

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

*We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Examples of these are:*

## **Nutrition Programs**

**TRIAD**

**HESSCO Lunches**

**Podiatrist**

**Educational Groups**

**Knitting Group**

**Bingo**

**VNA Clinics**

**Yoga**

**Outreach Services**

**Cribbage**

**Financial Programs**

**Writing Group**

**Veterans Group**

**Dominos**

**Whist**

**Bridge**

**Great Trips**

**Chair Exercise**

**Zumba Gold**

**Mah Jongg**

**Day of Beauty (September-June)**

**Transportation for shopping, errands and medical appointments**

**LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!**

**WALPOLE COUNCIL ON AGING CENTER  
135 SCHOOL STREET, WALPOLE, MA 02081**

**Hours: Monday, Wednesday, Thursday, Friday 8:30 –4:30PM; Tuesday 8:30– 8:00PM**

**Telephone: 508-668-3330, Fax: 508-660-7363, Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)**

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older. The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

You are invited to all Board Meetings of the Walpole Council on Aging. Our next meeting is **THURSDAY, MAY 26, AT 1:30 PM**, at the Newell Senior Center attached to Walpole Town Hall.

## LETTER FROM THE DIRECTOR

Spring is in full swing and that means the Center is too! We are celebrating spring with great programs and events. Along with our numerous “regular” programs, we are offering some wonderful one-time special events, such as the Sandwich Glass Museum and Tower Hill Botanical Gardens. We are also trying to offer more activities at the Center, as we have had some great suggestions for programs. I know space can be tight at times in our one room, but please remember everyone is coming here to socialize and participate in activities. The Council on Aging staff and all the wonderful volunteers put a lot of hard work and energy in attempts to make this Center the best it can be! Our goal is to include everyone who walks through our doors and have them look forward to coming back!



Behind the scenes there has been progress on the new Council on Aging building which will be located on South St. With the funds that were appropriated at the Fall Town Meeting, Compass Project Management has been hired and the town is close to signing a contract with an architectural firm. Once the design process starts there will be much more information to share so please keep an eye out for that!

Hope you all enjoy this beautiful weather and please keep the suggestions coming!!

***Courtney Riley***

Director

Walpole Council on Aging

### HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY “ARE YOU OK?”, (866) 900-RUOK (7865)**

Receive a call everyday to make sure you are up and OK!

**HESSCO: (800) 462-5221**

**POLICE (Non-emergency) 668-1212**

**FIRE DEPARTMENT (Non-emergency) 668-0260**

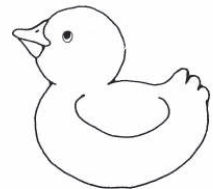
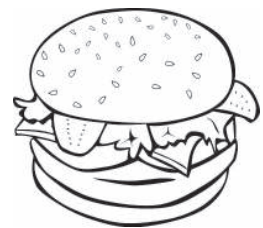


## ***WALPOLE DAY FESTIVAL***

**Saturday, May 14th**

**12:00 - 3:00PM**

**Stone Field @ Blackburn Hall  
135 School Street, Walpole**



***Parade, Live Music, Kids Zone, Food Court, Vendor Booths,  
Wacky Quacky Duck Race and much more!***

## MAY TRIPS & EVENTS

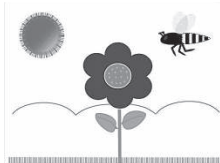


DATE	EVENT	DESCRIPTION	TIME & LOCATION
TUESDAY 5/3	<b>Wine &amp; Design Night</b>	Join local artist Diane Scotti to paint your personal birdhouse. Registration required.	6:00-8:00PM At COA - Limit 13. \$15.00 per person
WEDNESDAY 5/4	<b>Mansfield Crossing Shopping trip</b>	Over 30 shops and 10 restaurants to choose from. The Van will drop you off to go wherever you would like.	Van Leaves COA at 11:30 AM Return to Center at 2:30 PM Must sign up
THURSDAY 5/5	<b>Day of Beauty at Tri-County in Franklin</b>	Manicures, facials, hair color and cuts. Lunch at Gerry's restaurant if open.	8:30 AM van leaves COA Must Sign up - Limit 14
THURSDAY 5/5	<b>Chickie Flynn's Lunch</b>	Sign up at COA. There is a \$2.50 gratuity per person to be paid at the restaurant.	11:15 AM Van leaves COA
MONDAY 5/9	<b>Walpole Walmart</b>	Ride provided to and from Walmart. Registration required.	10:30 AM Van leaves COA
WEDNESDAY 5/11	<b>Walpole Errand Day</b>	Sign up for a ride to your errands The van will take you anywhere in Walpole. Registration required.	Times to be determined based on number of people and destinations
THURSDAY 5/12	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person
THURSDAY 5/12	<b>Wheel of Fortune</b>	Come play this live interactive version of the classic game show.	1:00 PM—2:00 PM Free - Please sign up
FRIDAY 5/13	<b>The Tower Hill Botanical Garden</b>	132-acre botanical garden with spectacular views of Mount Wachusett and the Reservoir	Leave COA at 10:00 AM \$10.00 a person—Must sign up
THURSDAY 5/19	<b>Sandwich Glass Museum Tour</b>	Watch molten glass drawn from the furnace and blown and pressed into exquisite shapes. Registration required.	10:00 AM Van leaves COA \$5.00 Per Person
MONDAY 5/23	<b>Take Control of Your Future</b>	A Legal Check presented by MassBar Association	11:30 AM—12:30PM Free at COA
MONDAY 5/23	<b>Restaurant of the Month</b>	Captain Fishbone's in Quincy Located in the Marina	Registration required Van leaves COA at 12:00 PM
WEDNESDAY 5/25	<b>Twin River Casino</b>	Registration required. If you went last month must wait to sign up. Limited to 17 people	9:30 AM Van leaves COA
WEDNESDAY 5/25	<b>Presentation w/Nurse Diane Wiseman</b>	This months topic is summer safety. Feel free to bring your questions.	11:00– 11:30 AM FREE at COA
WEDNESDAY 5/25	<b>Creative Corner</b>	Tai Chi demonstration Refocus, re-energize and relax!	1:00 PM at the COA FREE - Registration required
THURSDAY 5/26	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person
THURSDAY 5/26	<b>Market Basket Shopping Day</b>	We will use 19 passenger bus to go to the South Attleboro store	Van will leave COA at 11:00 AM Registration required




Every Thursday come to the COA to listen to Bob Blakely perform!  
3:30 PM - 4:30 PM - Free, Walk ins Welcome



# MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>SIGN -UP DAY</b> <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO Salisbury Steak <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg 	<b>3</b> <b>8:30AM</b> Bird Park Walking Club <b>12:00PM</b> HESSCO Chicken Parm <b>12:00PM</b> Whist <b>2:30PM</b> Yoga <b>6:00PM</b> Wine & Design Night <b>6:30PM</b> Storytelling with Alan O'Hare	<b>4</b> <b>10:00AM</b> Exercise Class <b>11:30AM</b> Mansfield Crossing - Shopping Center <b>12:00PM</b> HESSCO Roast Pork <b>12:30PM</b> Pokeno <b>2:30PM</b> Senior Singing Group	<b>5</b> <b>8:30AM</b> Day of Beauty <b>10:30AM</b> Yoga <b>11:15AM</b> Chickie Flynn's <b>12:00PM</b> HESSCO Mexicale Chicken <b>1:15PM</b> Bridge <b>6:30 - 9:00PM</b> Hoops & Needles	<b>6</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Seekers Writing Club, Walpole Library <b>12:00PM</b> HESSCO Mothers Day Lunch <b>12:30PM</b> Bingo
<b>16</b> <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO Low Salt Hot Dog <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg 	<b>17</b> Stop & Shop (AM Trips) <b>8:30AM</b> Bird Park Walking Club <b>12:00PM</b> HESSCO Chicken Teriyaki <b>12:00PM</b> Whist <b>2:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<b>18</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> TRIAD <b>12:00PM</b> HESSCO Spanish Omelet <b>12:30 PM</b> Pokeno <b>2:30PM</b> Senior Singing Group	<b>19</b> <b>8:30AM</b> Bird Park Walking Club <b>10:00AM</b> Sandwich Glass Museum Tour <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO Roast Turkey <b>1:15PM</b> Bridge	<b>20</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Seekers Writing Club, Walpole Library <b>12:00PM</b> HESSCO Beef Casserole <b>12:30PM</b> Bingo
<b>30</b> <b>MEMORIAL DAY</b>  <b>Center Closed</b> 	<b>31</b> Stop & Shop (AM Trips) <b>8:30AM</b> Bird Park Walking Club <b>12:00PM</b> HESSCO Lasagna <b>12:00PM</b> Whist <b>1:00-4:00PM</b> Podiatrist <b>2:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<p><b>* ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</b></p> <p><b>** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00</b></p>	<div> <b>REGISTER NOW!</b>    <b>Matter of Balance Class</b>  <i>This program emphasizes practical strategies to manage falls.</i>    Tuesday May 3, 10, 17, 24, 31  June 7, 14, 21    At Walpole Library  10:30 AM—12:30 PM    Program is FREE! </div>	

# MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9</b> <b>10:00AM</b> Exercise Class <b>10:30 AM</b> Walmart Trip <b>12:00PM</b> HESSCO Mac & Cheese <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg 	<b>10</b> Stop & Shop (AM Trips) <b>8:30 AM</b> Bird Park Walking Club <b>12:00PM</b> HESSCO Beef Stew <b>12:00PM</b> Whist <b>2:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<b>11</b> <i><b>Errand Day</b></i> <b>10:00AM</b> Exercise Class <b>10:00AM</b> Knitting Club <b>12:00PM</b> HESSCO Cheeseburger <b>12:30PM</b> Pokeno <b>2:30PM NO</b> Senior Singing	<b>12</b> <b>8:30AM</b> Bird Park Walking Club <b>8:00- 10:00AM</b> Walk-in Breakfast <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO Honey Chicken <b>1:00 PM</b> Wheel of Fortune <b>1:15PM</b> Bridge	<b>13</b> <b>9:00AM</b> Zumba <b>10:00AM-2:00PM</b> Tower Hill Gardens <b>12:00PM</b> HESSCO Tuna Salad <b>12:30PM</b> Bingo 
<b>23</b> <b>10:00AM</b> Exercise Class <b>11:30AM</b> A Legal Check Up <b>12:00PM</b> HESSCO Salmon <b>12:00</b> Restaurant of the Month <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg	<b>24</b> Stop & Shop (AM Trips) <b>8:30AM</b> Bird Park Walking Club <b>12:00PM</b> HESSCO Greek Chicken <b>12:00PM</b> Whist <b>2:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<b>25</b> <b>9:30</b> Twin Rivers <b>10:00AM</b> Exercise Class <b>10:00AM</b> Knitting Club <b>12:00PM</b> HESSCO Swedish Meatballs <b>12:30PM</b> Pokeno <b>1:00PM</b> Creative Corner <b>2:30PM</b> Senior Singing Group	<b>26</b> <b>8:00- 10:00AM</b> Walk-in Breakfast <b>10:30AM</b> Yoga <b>10:30 AM</b> Market Basket <b>12:00PM</b> HESSCO Braised Beef <b>1:15PM</b> Bridge <b>1:30PM</b> COA Board Meeting	<b>27</b> <b>9:00AM</b> Zumba <b>12:00PM</b> HESSCO Chicken ALA King <b>12:30PM</b> Bingo 

Please **sign up for ALL trips and events** you would like to attend.

**IN-PERSON** and **PHONE** registration begins **MONDAY, MAY 2nd at 8:30 AM.**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

LET US PLACE YOUR AD HERE.



### Imponderables

1. Why is the time of day with the slowest traffic called rush hour?
2. Do you think Houdini ever locked his keys in his car?
3. If procrastinators had a club would they ever have a meeting?
4. If the #2 pencil is the most popular, why is it still #2?
5. Have you ever wondered why just one letter makes all the difference between here and there?
6. If genetic scientists crossed a chicken with a zebra would they get a four-legged chicken with its own barcode?
7. If practice makes perfect, and nobody's perfect, why practice?
8. Why is there always one in every crowd?
9. If all the world is a stage, where does the audience sit?
10. Is it possible to have deja vu and amnesia at the same time?
11. Who decided "Hotpoint" would be a good name for a company that sells refrigerators?
12. How do you know when it's time to tune your bagpipes?.

### **HESSCO Special Mother's Day Lunch**

Stuffed chicken breast with supreme sauce, scallop potatoes, and mixed vegetables.

Dessert is a brownie and ice cream

Please sign up on the HESSCO board at the COA. - Suggested Donation on \$3.00 a meal.

### **A Note From Your Knitting & Crochet Group**

Thank you

Thank you

Thank you

On December 2, the Knitting & Crochet Group of the Walpole Council on Aging made its annual delivery to the Veterans Administration Hospital in West Roxbury. The group completed 174 items of afghans, chemo caps, lap robes, and shawls. All items become property of the patients.

The Group wishes to thank all who donated yarn or made donations for the purchase of yarn. We could not have done it without you! We have already started working for December 2016 delivery. We look forward to working with you for the 2016 delivery.

Dolores Efthim

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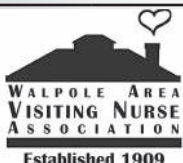
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Walpole Council on Aging, Walpole, MA 06-5188

# NEW(S)HORIZON

Walpole Council on Aging  
Town Hall  
135 School Street  
Walpole, MA 02081

Telephone: (508) 668-3330  
Fax: (508) 660-7363

Courtney Riley, Director COA  
Laurel St. Pierre, Outreach  
Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver

Dolores Efthim  
Chairman COA Board

HESSCO Meal Site  
(508) 668-3423

This Newsletter is made possible,  
in part, by a grant from the  
Massachusetts Executive  
Office of Elder Affairs.



*Friends of the Walpole  
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## WALPOLE Health Department and COA

The Walpole Nurse will conduct  
clinics for blood pressure checks,  
screenings and provides health  
information on the  
**1st and 3rd Monday of the  
month at 9:30AM\*, Walpole  
Senior Center, Town Hall.**

\*Times subject to change



Memorial Day is Monday, May 30th, a day to remember those who  
have gone before us and paid the ultimate sacrifice ensuring our  
freedom in this wonderful country. As we celebrate our liberty and  
freedoms, we remember and support those who protect them!

Please take a moment to remember our Veterans and say

**THANK YOU** for their services.